



Embarking on Your Yoga Teaching Journey

Laying the Foundations with IYT's 100-Hour Curriculum

IYT® International Yoga Teacher 100-Hour Curriculum

Module 1: Introduction and Foundations

Building the groundwork for your yoga journey

Welcome & Orientation: Your journey begins with an introduction to IYS®-International Yoga Schools and establishing group guidelines that create a safe, supportive learning environment.

What is Yoga?: Discover yoga as more than just physical exercise—explore it as a comprehensive philosophy, science, and transformative practice that unites mind, body, and spirit.

Defining the Practice: Gain clarity on what yoga truly IS and what it IS NOT, dispelling common misconceptions and establishing authentic understanding.

The History of Yoga: Journey through yoga's rich timeline:

- **Vedic Period** (1500-500 B.C.E.): The earliest foundations
- **Pre-Classical** (500-200 B.C.E.): Development of core concepts
- **Classical** (200 B.C.E.-500 C.E.): Codification of practices
- **Post-Classical:** Evolution into modern forms

Yoga Demographics: Understand today's yoga community—who practices and the primary motivations driving people to their mats.

Module 2: Yoga Philosophy & Lifestyle

Integrating ancient wisdom into modern life

Yogic Philosophy: Explore profound concepts of the True Self (Atman) and Universal Consciousness (Brahman), understanding how these principles guide authentic practice.

The Mind: Delve into Chitta Vritti Nirodha (the cessation of mental fluctuations) and discover the timeless wisdom of The Yoga Sutras.

Developing a Personal Practice: Learn practical guidelines for:

- Optimal timing for practice
- Creating sacred space
- Nutritional considerations
- Building consistency and commitment

Preparation & Gear: Master the essentials—from selecting the right mat and clothing to utilizing props like blocks, straps, and maintaining a meaningful yoga journal.

Module 3: Health, Anatomy, and Benefits

Understanding yoga's transformative power

Holistic Health Benefits: Discover yoga's comprehensive impact:

- **Internal benefits:** Improved organ function and circulation
- **External benefits:** Enhanced flexibility and strength
- **Emotional benefits:** Stress reduction and mental clarity
- **Body chemistry:** Hormonal balance and nervous system regulation

Physical Fitness: Understand how yoga serves as both fitness practice and disease prevention system.

Preventative Care: Learn to view yoga as a complete health management approach that addresses root causes rather than just symptoms.

Module 4: Styles and Schools of Yoga

Finding your path among diverse traditions

The 17 Schools of Yoga: Explore distinct approaches including:

- **Hatha:** Foundation-focused practice
- **Vinyasa:** Flow-based sequences
- **Ashtanga:** Traditional athletic practice
- **Bikram:** Hot yoga methodology
- **Kundalini:** Energy-awakening techniques
- **Iyengar:** Precision and alignment
- **Power Yoga:** Strength-building flows

- **Yin Yoga:** Passive, meditative holds
- *And many more specialized approaches*

Guiding Students: Learn to identify optimal styles for beginners and help students find their perfect match.

Beginner Considerations: Master safety assessment, utilize comprehensive checklists, and guide students in choosing qualified instructors.

Module 5: Core Yoga Techniques (The 5 Ingredients of Vinyasa Flow)

Mastering the essential elements

Introduction: Understand the five fundamental ingredients that create authentic Vinyasa Flow Yoga practice.

Ingredient 1 - Asana (Physical Postures)

- Master the 4 basic asana categories
- **Standing poses:** Building strength and stability
- **Seated poses:** Developing flexibility and introspection
- **Lying poses:** Integration and restoration
- **Alignment principles:** Safe and effective positioning

Ingredient 2 - Vinyasa (Linking Poses)

- Explore Surya Namaskara (Sun Salutations) origins and variations
- Learn corresponding mantras and their meanings
- Practice the traditional Ode to Patanjali

Ingredient 3 - Pranayama (Breath Control)

Understanding the 5 Pranas (Vayus):

- **Ujjayi:** Victorious breath technique
- **Deep Abdominal Breathing:** Foundation practice
- **Full Yogic Breath:** Complete respiratory engagement
- **Kapalabati:** Skull-shining breath
- **Anuloma Viloma:** Alternate nostril breathing
- **Sitkari & Sitali:** Cooling breath techniques
- **Bramari:** Humming bee breath

Ingredient 4 - Bandhas (Energy Locks)

- **Mula Bandha:** Root lock engagement
- **Uddiyana Bandha:** Abdominal lock technique

- **Jalandhara Bandha:** Throat lock application
- **Maha Bandha:** Integration of all locks

Ingredient 5 - Drishti (Gaze)

Learn the 9 traditional gazing points and their benefits for developing unwavering mental focus and concentration.

Module 6: Teaching Methodology & Sequencing

From student to skilled instructor

Class Structure: Understand how effective yoga classes function, what students should expect, and optimal learning methodologies.

Progressive Sequence Development:

Sequence A - Beginners Modified Primary Sequence

- Complete 60-minute class structure
- Foundational poses and modifications
- Safety-first approach for new practitioners

Sequence B - Improvers Modified Primary Sequence

- Enhanced 60-minute class progression
- Intermediate variations and challenges
- Building confidence and capability

Sequence C - Advanced Vinyasa Flow

- Transforming the Modified Primary Sequence into a comprehensive 90-minute Vinyasa Flow Class
 - Advanced transitions and peak poses
 - Creating transformative experiences
-

This comprehensive 100-hour curriculum provides the essential foundation for confident, knowledgeable yoga instruction while honoring the ancient traditions and adapting them for modern practitioners. Each module builds upon the previous, ensuring a smooth progression from fundamental understanding to advanced teaching capabilities.